

## What's the Sabbath?

Sabbath - Breaking from our regular frenzied activities to participate in activities that refresh, remind and encourage our understanding that we are loved and cherished by a good God.

## How Do You Practice It?

- You have to \_\_\_\_\_ it.
- Sabbath helps us to worship a good \_\_\_\_\_ and not the good \_\_\_\_\_ that He's given us.

## Why Practice the Sabbath?

1. Reminds you of your \_\_\_\_\_.

Exodus 20:8-11, "Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy."

Psalms 46:10, "Be still and know that I am God."

2. Reminds you of God's \_\_\_\_\_ and \_\_\_\_\_.

Deuteronomy 5:12-15, "Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day."

## Homework:

- 1) Can you commit to try for a month to reserving one day to rest, revive, and remember?
- 2) Which day of the week?
- 3) What are the activities you need to best rest, revive, and remember? Nap, time on the water, worship, prayer, slow dinner with friends, etc?
- 4) What will be some non-negotiables for you? What are some things you will do? What are some things you won't do?

Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."